



Report on the July 2010 Costa Rica Adventure

This was our 13th McDougall Adventure trip to the Guanacaste Area of Costa Rica—a region in the northwest of this ecologically preserved country. The Hilton Papagayo Hotel is a first class resort, which provided exceptional McDougall food and also offered an additional bonus of "all inclusive." This meant all beverages (alcoholic and nonalcoholic) were included. Although Costa Rican beaches are open to the public, for all practical purposes, the Hilton beach is private. The two swimming pools are large and inviting. On the grounds of the hotel are hiking trails where wildlife such as monkeys, birds, butterflies, and iguanas are abundant.

The same guides we have worked with for almost 16 years cared for our travelers. The destinations to the parks, rainforests, canopy tour, horseback riding, and rafting were also the same great trips as we have been taking for years. For our ocean adventure we used a large sailboat to see the dolphins, turtles and to snorkel.

We plan the same trip for January 27 to February 3, 2011; staying at the Hilton Papagayo Hotel. Take some time to read over the comments from our travelers and view their pictures. This is an amazing vacation that you cannot have with anyone else besides the McDougalls.

Right now there is a \$200 pp early signup discount. Airline transportation has never been less expensive. Go to our website and secure your place for this once-in-a-lifetime adventure trip.

[Testimonies](#) from the July 2010 Trip

[Photos](#) from the July 2010 Trip

[Testimonies](#) from the February 2010 Trip

[Photos](#) from the February 2009 Trip